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Vitreotomy Surgery

Post-Op instructions

IMPORTANT

- No strenuous activity or exercise until you have been cleared to do so by Dr Hogden.
- Initially after your operation you may feel the sensation of stitches or a foreign body in the eye and occasional sharp pain. This sensation is usually temporary and should significantly improve over the first few days after surgery.
- Paracetamol or Panadeine (or other medication prescribed by Dr Hogden or your Anaesthetist) should be taken if you have pain or discomfort in the eye.
- If you become nauseous and begin to vomit post surgery this can be a symptom of high pressure within the eye. Please contact Dr Hogden if this occurs.
- Your normal glasses or sunglasses may be worn after your eye pad is removed on the first day following surgery.
- No heavy lifting or swimming for 4 weeks post surgery.
- You may shampoo your hair after your post-operative appointment, however please ensure no shower water enters the eye for the first 7 days post surgery.

EYE DRESSING

DO NOT REMOVE your eye dressing after surgery, until reviewed by Dr Hogden. Your eye dressings will be removed at your first post-operative appointment.

- Initially after surgery your eyelids may be stuck together in the morning due to overnight discharge. Ideally use sterile saline solution from the chemist to clean your eye or alternately you can use boiled water (after it has cooled) to clean the eyelids and lashes. Please do not use any tank water or water taken directly from household taps.

AIR/GAS/OIL TAMPONADE

As part of your retinal surgery you may have a gas bubble inserted into your eye to keep the retina flat.

- An air or gas bubble with the eye can appear as like looking through a fish tank. Also as the air/gas bubble is resorbed by the eye, you may notice a 'spirit level' between the air/gas and the normal fluid within the eye
- The air/gas within your eye will be naturally resorbed by the eye over 2-10 weeks, depending on the type and concentration of gas used.
- VERY IMPORTANT:** Do not fly or travel over mountain ranges until the air/gas bubble within your eye disappears.
- If Silicone Oil has been used, this may need to be removed at a later date. There are no altitude restrictions with oil.

POSTURE

If Dr Hogden has advised you to posture (eg. Face down/left side down) it is important that you posture as directed to the best of your ability to assist in healing the retina.

- You may take a break from posturing for 5 minutes every hour to eat, toilet and/or simply relieve the physical stress associated with posturing.

EYE PROTECTION

- Please wear glasses where possible to protect the eye, especially when outdoors.
- No straining, lifting or bending for 4 weeks.

MEDICATIONS

- After a vitrectomy procedure there is usually minimal discomfort, however it is normal for the eye to look bloodshot and for the eyelids to be a little swollen.
- You may also feel stitches in your eye or a foreign body sensation.
- It is not unusual for the eye to be watering following your operation. This should improve over the course of the first 2 weeks as the eye recovers.
- Regular Panadol (2 tablets every 6 hours) should be taken for eye pain for the first few days following surgery if you experience any discomfort.
- For scleral buckles, the eye is usually more injected than after a vitrectomy or routine cataract surgery, and the eye is more uncomfortable. You should take regular Panadeine or Panadeine Forte, as required for analgesia.
- Eye pain after retinal surgery should decrease over the first post operative week, however if it increases or you are concerned, please contact Dr Hogden.
- You may be prescribed Diamox to help reduce the pressure in your eye. This medication may cause tingling of the hands, fingers and toes. You will also pass more urine and therefore you should drink an extra 3-4 glasses of water each day to remain adequately hydrated.

EYE DROPS

- Store your eye drops in a cool dry place.
- Always wash your hands with soap and water before handling any eye drops or touching the eye.
- Read the label on the bottles to ensure you have the correct eye drops.
- It is important not to allow the tip of the bottle to touch your eye, eyelashes or hands.
- You will be started on eye drops on the first day after your surgery. The following is a typical regime, although you may have additional pressure lowering medications, especially if you have had scleral buckle surgery or if silicone oil was inserted in the eye.
- Your medication type and duration may vary.

THE FOLLOWING IS A GUIDE ONLY

DR HOGDEN WILL GIVE SPECIFIC INSTRUCTIONS TO YOU ON YOUR DAY 1 POST OPERATIVE

You have TWO (3) eye-drops to use: *Chlorsig* (antibiotic), *Maxidex* (steroid) and *Illevro* (anti-inflammatory)

C = CHLORSIG M = MAXIDEX I = ILLEVRO

Week ONE (1) following surgery:

Instill **1 drop** of Maxidex & Chlorsig into the operated eye **4 times a day**: Instill **1 drop** of Illevro at night.
Start your eye-drop regime after you see Dr Hogden for your first post op appointment.

| WEEK 1 | DAY 1 | | | DAY 2 | | | DAY 3 | | | DAY 4 | | | DAY 5 | | | DAY 6 | | | DAY 7 | | |
|-----------|-------|---|---|-------|---|---|-------|---|---|-------|---|---|-------|---|---|-------|---|---|-------|---|---|
| | C | M | I | C | M | I | C | M | I | C | M | I | C | M | I | C | M | I | C | M | I |
| BREAKFAST | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | |
| EVENING | | | | | | | | | | | | | | | | | | | | | |
| BEDTIME | | | | | | | | | | | | | | | | | | | | | |

Week TWO (2) following surgery:

Instill **1 drop** of Maxidex & Chlorsig into the operated eye **4 times a day**: Instill **1 drop** of Illevro at night.
Stop & Disgard Chlorsig bottle at the end of 2 weeks

| WEEK 2 | DAY 1 | | | DAY 2 | | | DAY 3 | | | DAY 4 | | | DAY 5 | | | DAY 6 | | | DAY 7 | | |
|-----------|-------|---|---|-------|---|---|-------|---|---|-------|---|---|-------|---|---|-------|---|---|-------|---|---|
| | C | M | I | C | M | I | C | M | I | C | M | I | C | M | I | C | M | I | C | M | I |
| BREAKFAST | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | |
| EVENING | | | | | | | | | | | | | | | | | | | | | |
| BEDTIME | | | | | | | | | | | | | | | | | | | | | |

Week THREE (3) following surgery:

Continue to use **1 drop** of Maxidex into the operated eye **4 times a day** & **1 drop** of Illevro at night

| WEEK 3 | DAY 1 | | DAY 2 | | DAY 3 | | DAY 4 | | DAY 5 | | DAY 6 | | DAY 7 | |
|-----------|-------|---|-------|---|-------|---|-------|---|-------|---|-------|---|-------|---|
| | M | I | M | I | M | I | M | I | M | I | M | I | M | I |
| BREAKFAST | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | |
| EVENING | | | | | | | | | | | | | | |
| BEDTIME | | | | | | | | | | | | | | |

Week FOUR (4) following surgery:

Continue to use **1 drop** of Maxidex & Illevro into the operated eye **4 times a day** & **1 drop** of Illevro at night

| WEEK 3 | DAY 1 | | DAY 2 | | DAY 3 | | DAY 4 | | DAY 5 | | DAY 6 | | DAY 7 | |
|-----------|-------|---|-------|---|-------|---|-------|---|-------|---|-------|---|-------|---|
| | M | I | M | I | M | I | M | I | M | I | M | I | M | I |
| BREAKFAST | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | |
| EVENING | | | | | | | | | | | | | | |
| BEDTIME | | | | | | | | | | | | | | |

Week FIVE (5) following surgery:

Stop all drops

THIS IS A GUIDE ONLY

DO NOT STOP THE DROPS UNTIL DR HOGDEN HAS GIVEN YOU INSTRUCTIONS TO DO SO.

If you are prescribed drops to be used four times a day it is normally easier to remember to use them before
breakfast, before lunch, before dinner, and before bed.

Frequently asked questions

When can I drive again after surgery?:

When the bubble has gone or the vision is back to normal, typically 2 weeks after surgery.

When can I go back to watching TV/reading?:

Straight away

When can I wash my hair again (put my head under water in the shower)?:

You can wash your hair the next day so long as you do not put the operated eye directly under the stream of water for at least 7 days

(It is recommended to visit the hairdresser to wash your hair in this time period to make it easy)

When can I go back to the following exercises?:

Walking: minimum 1 week

Jogging & running: 2-3 weeks, , gradually building up

Swimming: You cannot put your head underwater for 4 weeks

Gym/heavy lifting: 3 - 4 weeks

Computer: Day 1

Time needed off work?: 3-4 weeks (this could change depending on your surgery)

When can I fly again?:

With gas bubble: Once the gas bubble has gone, you will be able to tell once this vanishes

Without gas bubble: It is suggested that you stay in Brisbane for 1-2 weeks in case of any complications.

You will have a 1 day and a 1 week post-op

Makeup: 3 - 4weeks

If your eye becomes redder, more uncomfortable, or the vision worsens please contact:

The Terrace Eye Centre reception on 3831 0101

or Dr Hogden on 0407 154 704 (after hours only).

In the event of an emergency, if you are unable to contact the Doctor, please contact the Eye Registrar at the Princess Alexandra Hospital on 3240 2111